

## Help Yourself

- Tell someone you trust about what is happening to you.
- Try to avoid being alone with the abuser.



## Help Someone Else

If you know a child who is being sexually abused, you can help put a stop to it.

- If a friend tells you that they are being sexually abused, listen patiently, respectfully, and sympathetically. Avoid being judgmental and believe what your friend is telling you.
- Get a teacher, parent, or another adult to help. You won't be snitching; you'll be taking a stand against abuse.
- Talk to the child being abused and try to get them to talk to an adult. Offer to go with them.
- Report the abuser to an adult you trust.

## Resources for Information and Assistance

### Emergency Phone Numbers

Police Emergency...911  
Fire Emergency...911  
Warsaw Police Dept...574-372-9511  
Kosciusko Co. Sheriff's Dept...574-267-5667  
State Police...1-800-552-2959  
Dept. of Child Services (DCS) ...1-800-800-5556  
Kosciusko Community Hospital...574-267-3200  
Warsaw Victim Services...574-372-9539  
National Center for Victims of Crime...1-800-394-2255  
National Domestic Violence Hotline...1-800-799-7233  
Sexual Assault/Sexual Abuse  
National Hotline .... 800-656-HOPE  
National Center for Missing and Exploited Children  
1-800-843-5678  
Child Abuse National Hotline ...1-800-422-4453

### Victims' Assistance

Warsaw Victim Services ...574-372-9539  
Kosciusko Co. Prosecutor's Office...574-372-2419

### Counseling Resources

Bowen Center...1-800-342-5653  
574-267-7169  
Brighter Tomorrows (Plymouth) 574-935-9449  
Lifetouch ....574-269-7990  
McArthur Counseling Center ....574-267-1700  
Warsaw Community Church Counseling  
Center ....574-268-0448

### Shelters

Kosciusko Co./Beaman Home...574-267-7701  
Noble County Shelter ...800-441-4073  
Elkhart Co. Women's Shelter...574-294-1811  
South Bend YWCA Women's Shelter...574-232-9558  
Allen Co. YWCA Shelter for Women... 800-441-4073

### Other Important Numbers

Rape, Abuse, and Incest National Network  
1-800-656-4673  
Heartline Pregnancy Care & Counseling  
574-267-5110  
To Check Jail Status...574-267-5667  
National Runaway Switchboard...1-800-786-2929  
National Drug Abuse Hotline...1-800-662-4357  
Boys and Girls Club of Kosciusko....574-268-1155  
Baker Youth Club .... 574-267-8771  
United Way/AIRS – Info for Referrals ....211

# Child Sexual Abuse

## Information for Teens

***“Someone touched me  
in a way that made  
me feel bad...”***

## Victim Services

*offers crisis counseling, information and referrals, and personal advocacy to victims of violent crime and their families, along with public education/awareness on violent crime victimization.*



**(574) 372-9539**

banglin@warsaw.in.gov

**www.warsaw.in.gov**

Departments > Police > Victim Services

## What is it?

Child sexual abuse includes many different acts. Some of these might include touching the vagina, penis, or anus of the victim; forcing someone to touch the abuser's vagina, penis, or anus; putting an object, penis, or finger into the vagina or anus of the victim; and showing the victim pictures or movies of other people undressed or having sex. Sexual abuse can happen to boys or girls of any race, ethnicity, or economic background.



According to the law, kids under a certain age cannot legally agree to sexual acts with anyone. In most states, you have to be at least 15-18 years old to be able to consent to sexual acts with someone, but the age differs from state to state. These laws are created to protect kids and teens.

The abuser can be an adult or an older child. Most of the time, the abuser knows or is related to the victim,—like a neighbor, babysitter, friend of the family, or family member. The abuser can be someone the victim looks up to, likes, or trusts. When the victim and the abuser are in the same family, it is called incest. The only person responsible for this kind of behavior is the abuser.

Sometimes an abuser will threaten or hurt a victim in order to make them do what they want. Most of the time, because the abuser is bigger, older, or more powerful than the victim, the abuser doesn't even have to threaten them or hurt them to make victims do this. Victims are often afraid of what will happen if they don't cooperate, or if they tell.



## If you are a victim of child sexual abuse, you might ...

- Feel angry, sad, lonely or depressed
- Feel like you have no friends
- Feel guilty, even though the abuse is not your fault
- Want to hurt someone else or yourself
- Feel like taking steps to defend yourself
- Feel helpless to stop the abuser
- Feel hopeless that anything can be done
- Feel anxious all the time
- Feel bad about yourself or your body

## You are not alone...

- A report of child abuse is made every ten seconds—over 3 million reports every year in the United States.
- One in three girls are sexually abused before age 18, and one in six boys are sexually abused before age 16.
- Almost five children die every day as a result of child abuse. More than three out of four are under the age of 4.
- 90% of child sexual abuse victims know the perpetrator in some way; 68% are abused by family members.
- 31% of women in prison in the U.S. were abused as children.
- Child abuse occurs at every socio-economic level, across ethnic and cultural lines, within all religions, and at all levels of education.

## Get Help

Being sexually abused is not your fault. Nothing about what you say, the way you look, or how you behave gives anyone else the right to use or hurt you.

- Tell a trusted adult, they can help you. If you are being abused or are uncomfortable about how someone is treating you, it is not a secret you should keep.
- Tell a teacher, counselor, or principal at school if there is no one you can trust at home.
- Contact a local victim assistance agency, child protective services, or the police for help. If you need help finding someone to call, contact the National Center for Victims of Crime's Helpline at 1-800-FYI-CALL.
- If you choose to tell, you should know that some adults are mandated reporters. This means they are legally required to report neglect or abuse to someone else, like the police or child protective services. You can ask people if they are mandated reporters and then decide what you want to do. Some examples of mandated reporters are teachers, counselors, doctors, social workers, and in some cases, even coaches or activity leaders.

If you want help deciding who to talk to, call the NCVC Helpline at 1-800-FYI-CALL, or an anonymous crisis line in your area. You might also want to talk to a trusted family member, a friend's parent, an adult neighbor or friend, an older sibling or cousin, or other experienced person you trust.